

MINUTES
Joint committee of BOE and BOH
January 8, 2004
10:00am

James Monroe Building Conference Rooms C and D

Purpose: To study the feasibility of developing education curriculum for proper nutrition and exercise for students in grades k-12.

Members Present:

Board of Health: Julie Beales

Board of Education: Susan Genovese and Scott Goodman

Members Absent:

Board of Health: Sheila Elliot and Hunter Gaunt, Jr.

Presenters:

Joe Hilbert, Executive Advisor to State Health Commissioner

Carol Pollock, School Nurse Consultant School-Aged and Adolescent Health, VDH

Catherine Digilio Grimes, Director of School Nutrition Programs, DOE

Maureen B. Hjar, Director of Secondary Instructional Services, DOE

Recorder:

Jeremy Akers, Nutrition Liaison, VDH

1. Welcome.....10:05-10:10
2. VDH Overview, Carol Pollock.....10:10-10:45

Comments from the Joint Committee:

1. Q: Susan Genovese: "From CDC's 2001 Youth Risk Behavioral Survey, they ask the question, *Are the students Physically Active?*" Did they give a definition of vigorous and moderate physical activity to the children?"
A: Carol Pollock will contact CDC, obtain the information, and send the results to the Joint Committee Members.
3. DOE Overview, Catherine Digilio-Grimes.....10:50-11:20

Comments from the Joint Committee:

- Q: Susan Genovese: "Do other states' ban the use of vending machines in schools or ban the distribution of junk food in vending machines?"

A: "Some other states do either ban vending machines or the distribution of junk food in them. California bans the distribution of junk food in vending machines." Catherine Digilio Grimes will obtain information from other states about their vending machine policies and send the information to the joint committee members.

- Q: Susan Genovese: "Would it be possible to obtain data of how much money vending machines make for schools? Could we also get information on how vending machine money is distributed in the schools?"
A: Catherine Digilio Grimes will research vending machine profits throughout Virginia and provide the information to the joint committee members.

4. DOE Resource development process, Maureen B. Hajar.....11:20-12:10

Comments from the Joint Committee:

- Julie Beales: "Nutrition and health education is isolated from other curriculum. It should be a part of everyday. Nutrition and health education should be incorporated in core curriculum."
- Scott Goodman: "Schools should have students reading books and writing essays that include nutrition and physical activity. Schools could also show videos that include healthy lifestyle messages."
Maureen Hajar: "There are schools that incorporate recipes when they teach math lessons. Nutrition is taught in 7th grade earth science."
Catherine Digilio-Grimes: "USDA has developed many resources that incorporate nutrition and physical activity for different age groups."
- Scott Goodman: "Every grade level should have physical education classes' everyday and have a separate health education class."
- Scott Goodman: "The state needs to give better guidance and references to teachers."
Carol Pollock: "The state has purchased guidance materials for the teachers and school nurses."
Scott Goodman: "The curriculum that we have available is good but we need to use it."
- Scott Goodman: "We also need to look at transportation. Kids need to walk to catch the bus instead of the bus coming directly to their door. This may also cut down on bus transportation costs."
"We need to look into mandating teachers to take a health class in order to get their teacher's licensure."
- Susan Genovese: "There are two issues that are involved with nutrition standards. First, there needs to be nutrition standards for food items sold in schools .These

items include menu items, ala carte items, vendor items, and vending machines. Second, we need to make our resources readily available for teachers.”

- Catherine Digilio-Grimes: “There are schools in Virginia that do a great job in educating their students on the importance of health, nutrition, and physical activity. We need to recognize these schools.”

Issues raised:

- Staff development- Increase training for all school teachers on health and physical activity.
- A state health, nutrition, and physical activity website that brings all available resources together for teachers.
- PTA involvement.
- Walksmart Virginia initiative. There are 1,000 schools in Virginia that are participating.
- More physical education in schools. What can we do?
- Require a health SOL test.

5. Discussion.....12:50-1:20

What do we need to do?

- Invite PTA members that have been involved and members that would like to be involved.
- Invite members from the Charlottesville Childhood Obesity Taskforce to present their accomplishments.
- Research figures on vending machines.
- Enhance physical education requirements for students.
- Virginia Action for Healthy Kids could give a presentation of the nutrition standards that they developed for schools.
- Present information on what other states have done with nutrition policies and standards in schools.
- Develop nutrition standards that address all foods served on school campus throughout the entire school day and present recommendations.
- Research on availability of health, nutrition, and physical activity text and children books. Could bring librarians to meetings.

6. Next Meeting.....Monday, February 9th from 10:00 to 2:00

- Possibly Tuesday, February 10th
- Meeting will be focused on nutrition issues.
- Virginia School Board Association to present
- Charlottesville Childhood Obesity Taskforce to present guidelines on vending machines, profits, and recommendations.

7. To do list:

- Carol Pollock will contact CDC concerning Youth Risk Behavior Surveillance System's definition of physical activity and send the results to the joint committee members.
 - Catherine Digilio-Grimes will obtain information from other states about their policies related to nutrition standards, vending machines and foods sold on school campus.
 - DOE will research revenues generated from vending machines throughout public schools in Virginia and provide information.
 - Make a skeleton plan of future meetings and issues.
 - Joe Hilbert will send out next meetings agenda to members.
 - Research on availability of health, nutrition, and physical activity text and children books.
 - March's meeting will focus on physical activity and health education.
8. Goal: Have a report and recommendations ready by spring 2004 to be implemented into the 2004 school year.